

R

Rest: Take regular short breaks from revision. Use meditation to clear and refresh the mind. Get enough sleep.



E

Early start: Your brain is at its freshest in the morning, utilise this. You will then be free to enjoy the rest of your day.



V

Variation: Try different methods. Mind maps, flash cards, past papers, teaching what you've learnt to someone else etc.



I

Ignore: Remove distractions, including your phone. Don't spend time copying text or making things look pretty - this is also a distraction!



S

Senses: Read, write, speak, listen and act out what you have learnt; this increases the chances of it staying in your mind.



E

Environment: A quiet and comfortable environment is best to enable focus.



Finally, try to focus most of your time on the material you find difficult, it can be tempting to revise things we know well as it makes us feel good, but has little value in revision.

Don't worry when you feel like you don't know anything at the end of a day of revision, your brain has been working hard and needs rest. Test yourself the next morning and you will be surprised by how much you can recall after a good night's sleep.